

Helping Hands

El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them). Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

Child Care Information

Child Care Resource and Referral (Colorado Shines) ... 1-877-338-2273
Colorado Child Care Assistance Program719-444-8178
CPCD *giving children a head start*.....719-635-1536
Address:2330 Robinson St, Colorado Springs, CO 80904
Pikes Peak Region Family Child Care Association719-475-8828

Clothing & Hygiene

Catholic Charities – Family Connections @ Helen Hunt Campus (kids)
.....719-578-1222
Address: 917 East Moreno St. Colorado Springs, CO 80903
Website: <https://www.ccharitiescc.org/get-help/family-services/>
Email: FamilySupport@CChartiesCC.org
Open by appointment
Charity's Hope Food & Clothing Pantry719-332-2360
Address: 201 North Chelton Road Colorado Springs, CO 80909
Website: <https://www.charityshopecs.org/>
Email: contactus@charityshopecs.org
Community Outreach Center (Calhan)719-347-7638
Address: 328 10th Street Calhan, CO 80808
Website:https://www.calhan.co/around_town/health_services/_community_outreach_center.php
Crossfire Ministries719-447-1806
Pre-registration required:
Address: 2120 East LaSalle Street, Colorado Springs, CO 80909
Client service hours:
Tuesday 10 a.m. - 7 p.m.
Wednesday 10 a.m. - 4 p.m.
Thursday 10 a.m. - 4 p.m.
Website: <http://www.crossfireministries.org/>
Email: contact@crossfireministries.org
Genesis Center of Hope.....719-358-8132
Address: 308 W. Filmore St. Colorado Springs, CO 80907
Email: gencenterofhope@gmail.com
God's Pantry (Fountain)719-382-0643
Address: 30 Widefield Blvd., Suite A Security, Colorado 80911
Service Hours
Monday-Saturday 9a.m.-3p.m.
Goodwill Stores719-635-4483
Laundry Love719-440-8235
Westside Laundry and Dry Cleaners
Address: 2323 West Colorado Ave. Colorado Springs. CO 80904
Every Monday, Last load in by 11:30am
Email: gary@stmikeschurch.com

Clothing & Hygiene Cont.

Life Network – Family Thrift Store.....719-344-9904
Address: 5406 N. Academy Blvd Colorado Springs, CO 80918
Service hours: Monday-Friday 10am-6pm
Saturday 10am-6pm
Email:info@lifenetworkthrift.com
Website: www.lifenetworkthrift.com
Pikes Peak Family Success Center719-632-1543
Address: 1520 Verde Dr. Colorado Springs, CO 80910
Email:fscinfo@ppunitedway.org
Website: <https://www.ppunitedway.org/family-success-center/>
Salvation Army (no vouchers).....719-574-4335
Address: 908 Yuma Street Colorado Springs, CO 80909
Service hours: Monday-Friday 9am-5pm
Salvation Army Thrift Store and Donation Center.....719-574-4335
Address: 3955 Tutt Blvd Colorado Springs, CO 80922
Service hours: Monday-Saturday 9am-8pm
Sunday 10am-6pm
Sanctuary Church – Children's Clothing Closet.....719-634-7232
Address: 1930 W. Colorado Ave. Colorado Springs, CO 80904
Service Hours: Tuesdays 10-2 and Sundays 9-10
Sanctuary Church – Shower House719-634-7232
Address:1930 W. Colorado Ave. Colorado Springs, CO 80904
Sleep in Heavenly Peace.....844-432-2337x5301
-resource for children's beds ages 3-17years old
-application online
Address: 4243 Ginger Cove Place, Colorado Springs, CO 80923
Website: <https://shpbeds.org/apply/>
*must have a working phone or email address
Westside CARES719-389-0759
Address: 2808 W. Colorado Ave. Colorado Springs, CO 80904
Service Hours: Monday-Thursday 9:30am-12:30pm

Crisis Services

Boys Town Hotline (parenting)1-800-448-3000
Call Blackline (BIPOC LGBTQ+)1-800-604-5841
Peer support help line for mental health
Cedar Springs Hospital (mental health crisis)719-633-4114
Address: 2135 Southgate Road Colorado Springs, CO 80906
Service Hours: Open 24 hours works people ages 2 and up
Colorado Crisis Services (mental health crisis)1-844-493-8255
Crossroads Detox Center.....719-203-6550
Address: 1026 Maxwell St. Colorado Springs, CO 80906
Hours of Operation: 24 Hour Unit
Diversus Health (Lighthouse –mental health crisis)719-572-6100
Address: 115 South Parkside Drive Colorado Springs, CO 80910
Service Hours: Open 24 hours
Emergency.....911

Helping Hands

El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them). Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

Crisis Services Cont.

Kingdom Builder's (dom. violence) (24 hrs) 719-464-4647
Mental Health Emergency **988**
National Runaway Safeline 1-800-786-2929
Website: www.1800runaway.org
Never Use Alone Hotline 1-800-484-3731
Peak View Behavioral Health (mental health crisis) 1-888-235-9475
Services: 24 hrs mental health and medically monitored detox
Address: 7353 Sisters Grove Colorado Springs, CO 80923 Website: www.peakviewbh.com
Pikes Peak Suicide Prevention Partnership 1-844-493-8255
Address: 704 N Tejon St, Colorado Springs, CO, 80903
Website: www.pikespeakssuicideprevention.org
Safe2Tell 1-877-542-7233
TESSA (domestic violence & sexual assault) (24 hrs) 719-633-3819
Trans Lifeline 1-877-565-8860
Service Hours: 11am-7pm
The Trevor Project (LGBTQ+) 1-866-488-7386
Veterans Crisis Line dial **988 then press 1**

Disability Resources

Achilles Pikes Peak 828-712-3737
Running, walking, biking group for those wanting to stay active in community. Athletes and Guides welcome.
The ARC (developmentally disabled) 1-855-828-8476
Multiple locations
Website: www.arcthrift.com
Assistance League of Colorado Springs 719-475-1029
Email: assistanceleague@al-cos.org
Brain Injury Alliance of Colorado 303-355-9969
info@BIAColorado.org
CaptionCall 1-833-691-1600
Cerebral Palsy Assoc. of Colorado Springs 719-638-0808
Address: 1322 N. Academy Blvd. Ste 115 Colorado Springs, CO 80909
Service Hours: 10am-2pm
Cheyenne Village 719-592-0200
Address: 6275 Lehman Dr, Colorado Springs, CO 80918
Colorado Dept. of Education (SWAAC) 303-315-1276
Address: 201 E Colfax Ave, Denver, CO 80203
Website: [https://www.cde.state.co.us/](http://www.cde.state.co.us/)
Colo. Division of Vocational Rehabilitation 719-635-3585
Address: 633 17th St. Suite 500 Denver, CO 80202
Website: [https://dvr.colorado.gov/](http://dvr.colorado.gov/)
Colo. Network for Developmental Disabilities 719-344-8015
Email: admin@conetdd.com

Disability Resources Cont.

Colorado School for the Deaf and Blind 719-578-2100
VP 719-358-2600
Address: 33 N Institute St, Colorado Springs, CO 80903
Website: <https://csdb.colorado.gov/>
Colorado Springs Down Syndrome Assoc. 719-633-1133
Email: info@csdsa.org
Colorado Springs Therapeutic Recreation Program 719-385-5940
Address: 1620 W Bijou St, Colorado Springs, CO 80904
Website: <https://coloradosprings.gov/trp>
Colorado Springs Therapeutic Riding Center 719-634-4173
Address: 3254 Paseo Rd, Colorado Springs, CO 80909
Website: <https://www.cstrc.org/>
Dept. of Human Services (AND & VA benefits) 719-636-0000
Address: 1675 Garden of the Gods Rd, Colorado Springs, CO 80907
Service Hours: Monday-Friday 7:30am-4:30pm
El Grupo Vida (Denver) 303-335-9875
Address: 3443 South Galena St, Suite 120, Denver, CO, 80231
Website: <https://elgrupovida.org/en/home/>
El Paso County Public Health 719-578-3199, ext 7
1675 Garden of the Gods Rd #2044, Colorado Springs, CO 80907
Email: healthinfo@elpasoco.com
Service Hours: Monday-Friday 7:30am-4:30pm
Empowered Care 719-465-3905
Address: 2020 N. Academy Blvd. Ste 376 Colorado Springs, CO 80909
Envida (transportation) 719-633-4677
Goodwill of Colorado 719-635-4483
Address: 1460 Garden of the Gods Rd., Colorado Springs, CO 80907
Website: <https://goodwillcolorado.org/>
GoodWheels – Goodwill (transportation) 719-442-2077
Address: 1460 Garden of the Gods Road Colorado Springs, CO 80907
HEARSCOSP 719-314-8605
The Independence Center 719-471-8181
Video Phone (for deaf and hard of hearing) 719-358-2513
Address: 729 S Tejon St, Colorado Springs, CO 80903
Service Hours: Monday-Friday 8:00am-4:30pm
Website: <https://www.theindependencecenter.org/>
Integrating Supports Colorado, Inc 719-313-0626
Mountain Metro Mobility (transportation) 719-385-7433
P2P: Parent to Parent of Colorado 1-877-472-7201
(Ability Connection Colorado)
Website: <https://www.abilityconnectioncolorado.org/p2p-co/>
PASCO 719-960-4995
Address: 6385 Corporate Dr #303, Colorado Springs, CO 80919
Email: info@pascocohh.com
PEAK Parent Center 719-531-9400
Address: 917 East Moreno Avenue, Suite 140, Colorado Springs, CO

Helping Hands

El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them) Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

Disability Resources Cont.

Peak Vista Developmental Disabilities Health Center.....719-632-5700
3205 N Academy Blvd Suite 120, Colorado Springs, CO 80917
PlayDate Behavioral Interventions719-465-3989
6050 Erin Park Dr, Colorado Springs, CO 80918
Relay Colorado.....711
The Resource Exchange (TRE)719-380-1100
Address: 6385 Corporate Dr STE 100, Colorado Springs, CO 80919
Service Hours: Monday-Thursday 7:30am-5:00pm
Friday 7:30am-11:30am
Website: <https://www.tre.org/>
Roundup School719-447-9333
Address: 2121 E LaSalle Street Suite 100 Colorado Springs, CO 80909
Email: ctomkins@rup.org
Sign Language Network719-599-4517
Email: sln@signlanguagenetwork.com
Social Security Admin. (SSDI & SSI Benefits)..... 1-800-772-1213
Address: 2306 E. Pikes Peak Avenue Colorado Springs, CO 80909
Special Kids Special Families (SKSF)719-447-8983
Website: <https://sksfcolorado.org/programs/children-family-services/>
Zach's Place is associated with SKSF
Zach's Place.....719-329-1717
Address: 4795 Granby Cir, Colorado Springs, CO 80919
Services ages 2 ½ to 21 years old
Special Olympics of Colorado.....720-359-3100
Address: 12450 E Arapahoe Rd suite c, Centennial, CO 80112
Website: <https://specialolympicsco.org/>
StableStrides719-495-3908
Address: 1035 Lower Gold Camp Rd, Colorado Springs, CO 80905
(Located in Norris Penrose Event Center)
Website: <https://www.stablestrides.org/>
Email: connect@stablestrides.org

Domestic Violence Services

Centro de la Familia719-227-9170
Address: 1645 S. Murray Colorado Springs, Colorado 80916
Website: <https://www.coscentro.org/>
Haseya Advocate Program (Native Americans only)719-600-3939
Website: <https://www.haseya.org/>
Kingdom Builder's Family Life Center719-247-8190
Address: 411 Lakewood Cir suite c-201a, Colorado Springs, CO 80910
TESSA (domestic violence shelter)719-633-1462
Safe Line.....719-633-3819
Provides emergency shelter, food, case management, counseling, and support to female survivors and their children. The Safehouse Program can provide short-term safe shelter vouchers for local hotels to male victims and their children.
Address: 435 Gold Pass Heights Colorado Springs, CO 80906
Website: <https://www.tessacs.org/>

Domestic Violence Services Cont.

Voces Unidas for Justice720-588-8219
Community non-profit serving Latinx identities
Address: 2519 Airport Rd, Colorado Springs, CO 80910
Service Hours: Monday-Thursday 10:00am-2:00pm

Emergency Services

Adult Protective Services (hotline).....719-444-5755
Catholic Charities – Family Connections @ Helen Hunt Campus
(families)719-636-2345
Address: 917 East Moreno Ave Colorado Springs, CO 80903
Child Abuse (hotline)1-844-264-5437
Colorado Springs Fire Department719-385-5950
CSFD (Community & Public Health).....719-385-2273
Colorado Springs Police Dept719-444-7000
Address: 705 S. Nevada Ave. Colorado Springs, CO 80903
CSPD (Homeless Outreach Team)719-444-7666
CSPD (Victim Advocacy)719-444-7777
Colorado State Patrol303-239-4500
Diversus Health (mental health)719-572-6100
Address: 115 South Parkside Drive Colorado Springs, CO 80910
El Paso County Dept. of Human Services719-636-0000
Address: 1675 Garden of the Gods Rd, Colorado Springs, CO 80907
El Paso County Sheriff's Office719-390-5555
EPSO (Victim Assistance Program)719-520-7078
Address: 27 E. Vermijo Ave. Colorado Springs, CO 80903
KPC Respite Center719-634-5439
Address: 2503 Holiday Ln, Colorado Springs, CO 80909
Planned Parenthood719-475-7162
Silver Key Senior Services719-884-2300
Address: 1625 S Murray Blvd, Colorado Springs, CO 80916

Employment & Training

Catholic Charities – Hanifen Employment Center @ Marian House719-866-6285
Address: 14 W Bijou St, Colorado Springs, CO 80903
Website: <https://www.ccharitiescc.org/get-help/employment-and-life-skills-services/>
*call for service hours and availability
Center for Employment Opportunities719-694-5450
Address: 888 Garden of the Gods Rd. Ste. 110 Colorado Springs, CO 80907
Website: <https://www.ceoworks.org/colorado-springs>

Helping Hands El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them). Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

Employment & Training Cont.

Colo. Division of Vocational Rehabilitation.....719-635-3585
Address: 1365 Garden of the Gods Rd, Suite 250 Colorado Springs, Colorado 80907
Community Anchor Academy719-203-4758
Address: 1652 S Circle Dr, Colorado Springs, CO 80910
Service Hours: Monday-Friday 9:00am-5:00pm
Website: www.communityanchoracademy.org
Goodwill Career Development Program719-635-4483
Address: 1460 Garden of the Gods Road Colorado Springs, CO 80907
PCs for People (Denver support for Digital Equity).....720-278-7725
Pikes Peak Workforce Center719-667-3700
Address: 1675 Garden of the Gods Road Colorado Springs, CO 80907
Service Hours: Monday-Friday 8:00am-4:30pm
Main office closed 2nd Friday of each month
Address: 1675 Garden of the Gods Road, Colorado Springs, CO 80907
PPLD Adult Education719-531-6333, ext 2225
Website: <http://ppld.org/adult-education>
For people ages 17 or older
Senior Comm. Service Employment Center (AARP).....719-635-3579
For people ages 55 or older
Website: <https://www.aarp.org/aarp-foundation/ourwork/income/scsep/>
Urban League of Pikes Peak Region719-634-1525
Address: 506 East Moreno Ave Colorado Springs, CO 80903
Website: <https://ulppr.org/lander>
Voces Unidas for Justice720-588-8219
Address: 2519 Airport Road, Colorado Springs, CO 80910
Email: info@vocesunidasforjustice.com

Financial Assistance

Catholic Charities – Marian House.....719-866-6285
Catholic Charities – Hanifen Employment Center @ Marian House719-866-6285
Address: 14 W Bijou St, Colorado Springs, CO 80903
Website: <https://www.ccharitiescc.org/get-help/>
Charity's Hope Food & Clothing Pantry719-332-2360
Address: 201 North Chelton Road Colorado Springs, CO 80909
Website: <https://www.charityshopecs.org/>
Email: contactus@charityshopecs.org
Community Economic Defense Project.....303-838-1200
info@cedproject.org [undefined:info@cedproject.org]
Possible rental assistance. MUST have eviction notice
Mercy's Gate719-277-7470
Possible financial assistance, lottery based, faith-based organization
Address: 4360 Montebello Drive, Suite 300, Colorado Springs, CO 80918
Website: <https://mercygatecs.org/>

Financial Assistance Cont.

Mt. Carmel Veterans Service Center719-772-7000
Must be Military Veteran
Address: 530 Communication Circle Colorado Springs, CO 80905
Rocky Mountain Human Services (veterans)719-323-2600
Homes for All Veterans provides a wide range of services designed to promote housing stability and alleviate chronic homelessness.
Walk-ins for assessment and applications are Mondays, Wednesdays and Fridays 8am-5pm.
Address: 17 S. Weber St. Colorado Springs, CO 80903
Silver Key Senior Services719-884-2300
Address: 1625 S Murray Blvd, Colorado Springs, CO 80916
Website: <https://www.silverkey.org>
Email: info@silverkey.org
Southern Colorado Health Network (ind. with HIV).....719-578-9092
Address: 1301 S. 8th St., Ste. 200 Colorado Springs, CO 80905
Tri-Lakes Cares (Tri-Lakes area and District 38)719-481-4864
235 North Jefferson St. Monument, CO 80132
Westside CARES719-389-0759
Address: 2028 W. Colorado Ave, Colorado Springs, CO 80904
Website: <https://www.westsidecares.org/>
Walk-in Service Hours: Monday-Thursday 9:30am- 12:30pm

Food

Black Forest Lutheran Church719-495-2221
Address: 12455 Black Forest Road, Colorado Springs, CO 80908
Provides food for those in Black Forest Area
Service Hours: Open most Fridays 1pm-3pm
Care and Share719-5es28-1247
Food Bank that distributes food to various locations check
<https://careandshare.org/findfood/> to find food near you
Address: 2605 Preamble Point Colorado Springs, CO 80915
Email: info@careandshare.org
Main Office hours 8am-4pm
Donation Drop off 8am-3pm
Catholic Charities – Marian House Soup Kitchen (hot daily meals)719-475-7314
Address: 14 W. Bijou Street, Colorado Springs, CO 80903
Service Hours: Daily 10:30am-1pm, 365 days a year
Catholic Charities – Market Place Food Pantry719-636-2345
Charity's Hope Food & Clothing Pantry719-332-2360
Address: 201 North Chelton Road Colorado Springs, CO 80909
Website: <https://www.charityshopecs.org/>
Service Hours: Wednesday-Saturday 10am-2pm

Helping Hands

El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them). Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

Food Cont.

Crossfire Ministries 719-447-1806
*Must have valid legal form of ID for everyone in household
*Bring your own bags and arrive at least 1 hour before closing
Service Hours: Tuesday-Thursday 10am-3pm
2nd and 4th Saturday 10am to 1pm
Deerfield Hills Community Center 719-385-5996
Address: 4290 Deerfield Hills Rd. 80916
Service Hours: 4th Friday of each month
11:30am-1:30pm
*call for appointment
Divine Redeemer Catholic Church 719-633-5559
Address: 927 North Logan Avenue Colorado Springs, CO 80909
Service Hours: Every 2nd and 4th Monday of each month
11am-1pm
Eastborough Food Pantry 719-596-1929
Address: 4123 East Pikes Peak Ave. Colorado Springs, CO 80909
Serves zip codes: 80909, 80910, 80914, 80915, 80916
Service Hours: Monday and Wednesday 12:30pm -1:30pm
Friday 9:30am-10:30am
Eastern Plains Community Pantry (Calhan) 719-347-3062
Address: 701 4th St. Calhan, CO 80808
Service Hours: Monday 10am-50m
Tuesday- Friday 10am-1pm
*Must bring ID and Proof of Income
Website: <https://www.easternplainscommunitypantry.org/pantry-hours/>
Food to Power Hillside Hub 719-470-2737
Address: 1090 S Institute St, Colorado Springs, CO 80903
Service Hours: Tuesday: 12pm-2:00pm
Website: <https://foodtopowerco.org/>
Call about other locations
Fresh Start Center 719-495-3123
Address: 7375 Adventure Way Colorado Springs, CO 80923
Service Hours: Tuesday and Thursday 10am-4pm
1st Wednesday of the month 4pm -6pm
God's Pantry (Fountain) 719-382-0643
Address: 30 Widefield Blvd., Suite A Security, Colorado 80911
Service Hours
Monday-Saturday 9a.m.-3p.m.
Good Shepherd United Methodist Church 719-392-5782
Emergency food supply for those living in the zip codes: 80817, 80911, 80925.
Address: 1201 Leta Drive, Colorado Springs, CO 80911
Service Hours: Thursday's 10am-12pm
Holy Cross Lutheran Church 719-596-0661
Address: 4125 Constitution Avenue Colorado Springs, CO 80909
Service Hours: Monday and Tuesday 10am-12pm
Saturday 9am-12pm

Food Cont.

*No ID required
Lord of Glory Church Manna 719-635-1057
Address: 500 W Bijou St, Colorado Springs, CO 80905
Website: <https://churchofthelordofglory.com/manna/>
Meadows Park Community Center 719-385-7940
Address: 1943 S El Paso Ave, Colorado Springs, CO 80905
People's Grocery Pick Up (Chinook Center) 719-675-9917
Address: 2551 Airport Rd. Ste.107 Colorado Springs, CO 80910
Service Hours: Sunday 12pm-2pm *Holidays impact service hours
*No ID required
Pikes Peak Family Success Center 719-632-1543
Address: 1520 Verde Dr, Colorado Springs, CO 80910
Service Hours: Monday, Wednesday, Thursday 2pm-6pm
Appointments: 2pm to 5pm
Walk-in's 5pm to 6pm
Website to enroll: <https://www.ppunitedway.org/family-success-center/>
Email: fscinfo@ppunitedway.org
Project Angel Heart 719-323-0084
Address: 1625 W Uintah Street, Suite I Colorado Springs, CO 80904
Project Angel Heart's mission is to deliver nutritious meals to improve quality of life, at no cost, for those coping with life-threatening illness. Our team of professional chefs and loving volunteers freshly prepare and deliver delicious, healthy meals to Denver and Colorado Springs residents living with cancer, HIV/AIDS, kidney/heart/lung disease, and other life-threatening illnesses. We know that food is medicine and that proper nutrition can improve health outcomes, so we tailor meals to meet our clients' medical and dietary needs. The love and nutrients baked into each bite bring hope, healing, and a better quality of life to 1,200 critically ill Coloradans each week.
Website to apply: <https://www.projectangelheart.org>
Email: refer@projectangelheart.org
Salvation Army 719-636-3891
Address: 908 Yuma Street Colorado Springs, CO 80909
Food Pantry Hours: Wednesday and Friday 10am-2pm
*Valid ID required
-Colorado Café: serves \$5 meals Lunch 11am-1pm
Dinner 5pm-6pm
*Free lunch on 2nd Thursday of each month
Salvation Army – Fountain Valley 719-382-1182
Address: 208 Cunningham Drive, Colorado Springs, CO 80911
Service Hours:
Mondays, Wednesdays and Fridays from 9 a.m. - 3 p.m., closed from 12 p.m. - 1 p.m. for lunch.
Sanctuary Church 719-634-7232
Address: 1930 W. Colorado Ave. Colorado Springs, CO 80904
-Ragamuffin Café: Free Breakfast Sunday's at 9am
Silver Key Senior Services 719-884-2300
Provides nutritious meals in a congregate social setting to eligible diners, promotes good health through nutrition and reduces loneliness by offering the opportunity to socialize and be with others by adding quality of life.

Helping Hands

El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them). Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

Food Cont.

Address: 1625 S. Murray Blvd. Colorado Springs, CO 80916
Transportation options: Colorado Springs and Tri-Lakes area, please call Silver Key at 719-884-2300.
Fountain Valley contact Fountain Valley Senior Services at 719-600-2643 (trans line).
Solid Rock CommUNITY Food Pantry.....719-985-8935
Address: 3219 S. Academy Blvd., Colorado Springs, CO 80916
Service Hours: (no ID required) Monday 12pm-2pm (Seniors age 55+ Tuesdays 2pm-6pm (open to the public
Springs Rescue Mission.....719-632-1822
*Must be staying at the Springs Rescue Mission to receive meals
Address: 5 West Las Vegas St. Colorado Springs, CO
Service hours Breakfast: 6:45am-7:15am
Lunch: 12:30pm-1:00p
Dinner: 5:00pm-5:30pm
St. Andrews.....719-685-9259
Service Hours: Groceries: Wednesday from 1pm-2pm
Hot meals: Sunday 11am-1pm,
5 people at a time
*No ID required
St. Dominic Catholic Church (Security-Widefield).....719-392-7653
Address: 5354 S U.S. Hwy 85 87, Colorado Springs, CO 80911
Service area zip codes: 80915, 80817, 80911, 80925
Service hours: Tuesdays and Thursdays 9am-12pm
St. John's Food Pantry.....719-634-5388
Address: 902 S. Prospect St. Colorado Springs, CO 80903
Service Hours: Tuesday-Thursday 10am-2:30pm
St. Patrick's Catholic Church719-598-3595
Address: 6455 Brook Park Dr. Colorado Springs, CO 80918
Service Hours Fridays 4pm-5pm
Tri-Lakes Cares (Tri-Lakes area and District 38)719-481-4864
Address: 235 North Jefferson St. Monument, CO 80132
Enroll on Website: <https://tri-lakescares.org/>
Bring your own Bags (BYOB)
Service Hours: Tuesdays 11am-1pm
Thursdays 4pm-6pm
Trinity United Methodist Church719-633-9295
Address: 701 North 20th Street, Colorado Springs, CO 80904
Call for schedule
True Spirit Baptist Church.....719-575-9287
Address: 5120 Astrozon Blvd. Colorado Springs, CO 80916
Service Hours: Friday 11 a.m. - 2 p.m. 720-588-8219
Voces Unidas for Justice720-588-8219
2519 Airport Road, Colorado Springs, CO 80910
Emergency food boxes provided
Westside CARES.....719-389-0759

Food Cont.

Westside Cares works and provides food to local westside food pantries call or see website for details:
Address: 2808 West Colorado Ave. Colorado Springs, CO 80904
Website: <https://www.westsidecares.org/>
WIC Program, El Paso County Health719-578-3199
Website: <https://www.elpasocountyhealth.org/appointments-adults-children-families/wic-women-infants-children/>

Justice Involved Services

Colorado Laser Clinic – Gang Tattoo Removal Prog. (under 25)719-596-4000
Address: 1985 Dominion Way, Colorado Springs, CO 80918
Website: <https://www.coloradolaserclinic.com/tattoo-removal.html>
Email:info@ColoradoLaserClinic.com
Community Alternatives of El Paso County719-390-1303
Dept of Corrections, Community Re-Entry 719-633-1469, ext 2325
Embrace (formerly ComCor)719-473-4460
Website: <https://embrace.org/>
Multiple locations:
Corporate Offices
5465 Mark Dabling Boulevard Colorado Springs, CO 80918
(719) 473-4460
Roberts Road Residential Facility
3615 Roberts Road. Colorado Springs, CO 80907
(719) 473-3033
2723 Non-Residential Facility
2723 N Nevada Avenue Colorado Springs, CO 80907
(719) 884-2222
Embrace Treatment Services
2723 N Nevada Avenue Colorado Springs, CO 80907
(719) 434-4490
3950 Residential Facility
3950 N Nevada Avenue Colorado Springs, CO 80907
(719) 260-8002
3808 Residential Facility
3808 N Nevada Avenue Colorado Springs, CO 80907
(719) 636-5200
Forge Evolution719-475-7815
Located inside the Municipal Courthouse
Address: 224 E. Kiowa St., Room 230
Colorado Springs, CO, 80903
Service hours: Monday-Thursday 10am to 5pm
Friday: 9am-1pm
Website: www forgeevolution.org
Email:info@forgeevolution.org
Gateway Through the Rockies719-390-2129

Helping Hands El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them). Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

Justice Involved Services Cont.

Provides assistance with employment and re-entry services
Address: 2739 East Las Vegas St. Colorado Springs, CO 80906
Website: <https://www.epcsheriffsoffice.com/sections-detention-bureau/detention-support-division/gateways-through-the-rockies>
Hazelbrook Community Center (WAGEES)..... (719) 930-2536
Community and re-entry services
Address: 2019 E Bijou St, Colorado Springs, CO 80909
Mercy Today Ministries (Cañon City).....719-276-9242
Address: 1336 Elm Ave. Canon City, CO
Remerg303-993-3551
Website: www.remerg.com
Email: info@remerg.com
Zebulon Pike Youth Service Center719-385-3370
ZPYSC is a 40-bed youth center that provides secure detention within the Southern Region of Colorado.
Address: 1427 West Rio Grande St. Colorado Springs, CO 80905
Website: <https://cdhs.colorado.gov/our-services/youth-services/residential-youth-centers/zebulon-pike-youth-services-center>

Legal Information & Advice

Catholic Charities – Hanifen Center @ Marian House.....719-866-6285
*Call ahead Appointments only
14 W Bijou St, Colorado Springs, CO 80903
Email: Help@CCharitiesCC.org
Catholic Charities – Legal Immigration Counseling.....719-636-2345
Office hours are Monday – Thursday
Call 719-866-6515 for an appointment. Bilingual Spanish/English staff.
Child Support Services (El Paso County).....719-457-6331
Colorado Child Protection Ombudsman720-625-8640
Address:1300 Broadway, Suite 430, Denver CO 80203
Please note: The Ombudsman Office does not accept drop-in visitors.
You may contact us to make an appointment
Website: <https://coloradocpo.org/>
Service Hours: Monday- Friday 8:00am-5:00pm
Colorado Cross-Disability Coalition303-869-1775
Address: 1385 S. Colorado Blvd., Suite 610-A Denver, CO. 80222
Website: <https://ccdconline.org/>
Service Hours: Monday-Friday 9am-4pm
Colorado Legal Services.....719-471-0380
Address: 102 S Tejon St #430, Colorado Springs, CO 80903
Service Hours: Monday- Friday: 8:30am-5pm
Community Economic Defense Project.....303-838-1200
Legal aid for housing and eviction cases
Address:1600 Downing St. Suite 600 Denver, Colorado 80218
Email: info@cedp.org
Website: <https://cedproject.org/>

Legal Information & Advice Cont.

Disability Law Colorado303-722-0300
Address: 455 Sherman St, Ste 130 Denver, CO 80203
Website: <https://disabilitylawco.org/>
Website: <https://disabilitylawco.org/>
Family Court Facilitators.....719-452-5104
Address: El Paso County Courthouse, 270 S. Tejon Street, Room S116, Colorado Springs, CO 80903.
Walk in hours: Monday and Friday 8:30 a.m. - 11:30 a.m. and Monday through Thursday 1 p.m. - 4 p.m.
For parties who are in full agreement and do not have children Monday 9 a.m. - 11:30 a.m.
The Justice Center719-473-6212
Email:hello@justicecentercos.org
Website: <https://www.justicecentercos.org/>
Neighborhood Justice Center (mediation)719-520-6000
Public Defenders Office719-475-1235
Address:30 E Pikes Peak Ave #203, Colorado Springs, CO 80903
Service Hours Monday-Friday 8:00am-5:00pm
Website: <https://www.coloradodefenders.us/>
Rocky Mountain Victim Law Center303-295-2001
Email:info@RMVictimLaw.org
Website: <https://www.rmvictimlaw.org/>
TESSA (domestic violence)719-633-1462
*call for appointment
Address: 435 Gold Pass Heights, Colorado Springs, CO 80906
Website: <https://www.tessacs.org/programs/#advocacy>

LGBTQIA2+

Bread and Roses.....303-570-9362
Queer and Transgender Legal Support
Work with lawyers for LGBTQIA+ legal support
Work with activists and social movements
Ability to sign medical waivers for reproductive and gender-affirming health care
Email: breadandroseslaw@riseup.net
*Do not share details about a criminal case in messages
Website: <https://www.breadandroseslaw.org/>
Colorado Name Change Project.....(website)
How to change your name and gender marker in Colorado Springs
Website: <https://www.namechangeproject.org/>
Envision: You (LGBTQ+ Initiative)303-214-2119
Organization that seeks to close gaps in behavioral health outcomes for LGBTQ+ individuals through community programming, advocacy engagement, public awareness campaigns, and evidence-based training programs

Helping Hands

El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them). Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

LGBTQIA2+ Cont.

Email: info@envision-you.org
Website: <http://www.envision-you.org>
Gender Spectrum..... (website)
Provides online groups for transgender and gender-expansive pre-teens, teens, young adults, and caregivers of youth to better understand gender and create gender-inclusive spaces
Website: <http://www.genderspectrum.org/>
Heart Mind Haven (Lakewood, CO).....720-541-9583
CARR Certified 501(c)(3). LGBTQIA2+ Sober Living option
Email:info@heartmindhaven.org
Website: www.heartmindhaven.org
Inside Out Youth Services.....719-328-1056
Organization that works with LGBTQIA2+ youth ages 13-24 years. Includes programs, activities, and advocacy efforts to support youth and family
Address: 516 W Colorado Ave, Colorado Springs, CO 80905
Website: <https://insideoutys.org/>
Just Living Recovery.....720-408-8702
Sober Living Option that is LGBTQIA+ and BIPOC affirming
Address: Lakewood. CO
Website: <https://www.justlivingrecovery.org/>
One Colorado.....303-396-6170
Advocacy and support for inclusive and fair education
Email: info@one-colorado.org
Website: <https://www.one-colorado.org/>
Prism Community Collective.....719-301-0635
LGBTQ+ community space with groups, social events, resources, and space for community engagement
Address: 711 South Tejon St. Colorado Springs, CO 80903
Website: <https://cosprismcollective.org/>
Email: Prism@prismcos.org

Service Hours: Mon: Closed
Tuesday: 1pm - 6pm
Wednesday: 1pm - 6pm
Thursday: 2pm - 7pm
Friday: 2pm - 7pm
Sat & Sun: Closed
Purple Mountain Recovery (LGBTQIA+).....719-445-0621
Address: 3225 Austin Bluffs Pkwy. Suite 100 Colorado Springs, CO 80918
Website: <https://www.purplemountainrecovery.org/> Service Hours: Monday to Friday 10am to 7pm
Drop In and Intake Hours 11am to 2pm and 3pm to 6pm

LGBTQIA2+ Cont.

The Trevor Project..... 1-866-488-7386
hotline and online space for youth ages 13-24 years old that identify as LGBTQIA2+
Website: www.thetrevorproject.org
Trans Lifeline..... 877-565-8860
Trans-led hotline that connects transgender people to community resources and mental health support.
Website: <https://translifeline.org>
Service Hours for Hotline: 11am-7pm
Trans Youth Equality Foundation.....207-478-4087
Website: <http://www.transyouthequality.org/for-youth>
Non-profit organization that was created by a parent of a youth who is transgender and provides education, advocacy, and support for transgender and gender non-conforming youth and their families. This organization provides resources about transgender youth and services such as virtual support groups for transgender youth and their families. They also have a podcast called *TransWaves* where they uplift trans youth voices by conducting interview of trans youth and their families.
Address: P.O Box 201 Orono, ME 04472
Email: contact@transyouthequality.org
TRUE Center.....720-777-8783
Part of Children's Hospital Colorado, the only comprehensive care center in the Rocky Mountains specifically for gender-diverse children and teens.
Website: <https://www.childrenscolorado.org/doctors-and-departments/departments/gender-diversity-center/>
SAGE.....212-741-2247
Helps support LGBTQIA+ elders with services and advocacy work
Website: <https://www.sageusa.org/>

Medical

Ascending to Health Respite Care719-635-7639
Admin Address: 1107 S. Tejon St. Colorado Springs, CO 90903
Website: www.athrc.com/
Catholic Charities – Hanifen Center @ Marian House.....719-866-6285
Address: 14 W .Bijou St. Colorado Springs, CO 80903
Cheyenne Village (adults with disabilities).....719-592-0200
Address: 6275 Lehman Dr, Colorado Springs, CO 80918
Website: <https://cheyennevillage.org/>
Colorado Community Health Alliance719-598-1540
Colorado Springs Pregnancy Center (Galley).....719-679-3105
Fountain.....719-695-7030
Westside719-451-7586
Community Dental Health.....719-310-3315
Non-profit that works to remove barriers to dental care
Address: 3650 Rebecca Ln, Colorado Springs, CO 80917

Helping Hands

El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them). Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

Medical Cont.

Diversus Health (mental health) 719-572-6100
Address: 115 South Parkside Drive, Colorado Springs, CO 80910
DNA Testing 719-457-6331
Dream Center (Women's Clinic) 719-388-1594
*Not a primary care, must make appointment
Address: 4360 Montebello Drive, Suite 900 Colorado Springs, CO 80918
Website: <https://www.dreamcenters.com/>
El Paso County Public Health 719-578-3199
Address: 1675 W. Garden of the Gods Rd. Suite 2044
Colorado Springs, CO 80907
Service Hours: Monday-Friday 7:30am-4:30pm
Eye Love Care 719-596-2020
Address: 350 Printers Pkwy, Colorado Springs, CO 80910
Fountain Valley Health Care 719-653-7776
Address: 5115 Fontaine Blvd, Fountain, CO 80817
Grandview Hospital 719-365-3300
5623 Pulpit Peak Vw, Colorado Springs, CO 80918
Health First Colorado (Medicaid & CHP+) 1-800-221-3943
Website: <https://www.healthfirstcolorado.com/>
The Independence Center (disabled) 719-471-8181
Address: 729 S Tejon St, Colorado Springs, CO 80903
Memorial Hospital Central 719-365-5000
Address: 1400 E. Boulder St. Colorado Springs, CO 80909
Memorial Hospital Health Link 719-444-2273
Website: <https://www.ucHealth.org/services/community-health/healthlink/>
Service Hours: 7am-6pm
Mission Medical (low-income) 719-219-3402
Address: 2125 E La Salle St, Colorado Springs, CO 80909
Next Chapter (veterans) 1-888-719-8387
Address: 530 Communication Cir, Colorado Springs, CO 80905
Website: <https://nextchapterco.org/>
Oak Street Health 1-866-951-4107
Two Locations in Colorado Springs,
Address: 2877 E Fountain Blvd, Colorado Springs, CO 80910
4380 Austin Bluffs Pkwy, Colorado Springs, CO 80918
Service Hours 8am-5pm
Open Bible Medical Clinic 719-475-0972
Address: 555 E Costilla St, Colorado Springs, CO 80903
Peak View Behavioral Health 719-444-8484
Behavioral Health and Medical Detox
Address: 7353 Sisters Grove, Colorado Springs, CO 80923
Open 24/7

Medical Cont.

Peak Vista Community Health Centers 719-632-5700
Multiple Locations
Addresses: 3207 N. Academy Blvd. Colorado Springs, CO 80917
117 W. Rio Grande St. Colorado Springs, CO 80903
155 Printers Parkway, Suite 230 Colorado Springs, CO 80910
225 S. Union Blvd Colorado Springs, CO 80910
2828 International Cir. Suite 100 Colorado Springs, CO 80910
Peak Vista Dental Health Center 719-475-0783
Address: 2828 International Cir. Suite 100 Colorado Springs, CO 80910
Penrose Hospital 719-776-5000
Address: 2222 North Nevada Avenue Colorado Springs CO 80907
Pikes Peak Family Success Center 719-632-1543
Address: 1520 Verde Dr, Colorado Springs, CO 80910
Planned Parenthood – Westside Health Center 719-475-7162
Address: 3480 Centennial Blvd. Colorado Springs, CO 80907
PPACG – AAA Senior Insurance Assistance 719-471-2096
*60 years or older
Address: 14 South Chestnut St. Colorado Springs, CO 80905
Rocky Mountain Health Care Services 719-314-2327
Address: 2502 E Pikes Peak Ave Suite 100 Colorado Springs, CO 80909
SET Family Medical Clinics 719-776-8850
Address: 2864 S Circle Dr Suite 450, Colorado Springs, CO 80906
SET Homeless Clinic 719-475-7314
Address: 14 West Bijou St. Colorado Springs, CO 80903
Southern Colorado Health Network – HIV Education, Prevention, & Care Services 719-578-9092
Address: 1301 S 8th St UNIT 200, Colorado Springs, CO 80905
Website: <https://coloradohealthnetwork.org/>
St. Francis Hospital 719-571-1000
Address: 6001 E Woodmen Rd, Colorado Springs, CO 80923
Tri-Lakes Cares 719-481-4864
Address: 235 North Jefferson St. Monument, CO 80132
Westside CARES 719-389-0759
Address: 2808 W. Colorado Ave. Colorado Springs, CO 80904
Service hours: Monday-Thursday 9:30am-12:30pm

Mental Health

Another Life Foundation 719-216-7238
Help battling mental illness and suicidal behaviors. Assistance applying for SSDI and SSI, Social Security Benefits. Public Awareness

Helping Hands

El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them) Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

Mental Health Cont.

Campaigns, Minority Mental Health Professionals Resources, Speakers' Bureau, SOAR (Social Security Appointed Representatives Services), The Black Men's Project
Address: 801 N. Weber St. Colorado Springs, CO 80903
Bright Space Counseling719-645-5637
Outpatient mental health care.
Accepts Medicaid.
Address: 1645 S. Murray Blvd. Colorado Springs, CO 80916
Cedar Springs Hospital719-633-4114
They provide inpatient and outpatient services for pediatrics, adolescents and adults. Treatment options range from inpatient acute care, residential and dual diagnosis rehabilitation to partial hospitalization and intensive outpatient programs.
Address: 2135 Southgate Road Colorado Springs, CO 80906
Colorado Community Health Alliance719-598-1540
Address: P.O. Box 13406 Denver, CO 80202
Website: <https://www.cchacares.com/>
Depression Bipolar Support Alliance (DBSA)719-477-1515
Peer-based programs and support groups
Address: 1586 S. 21st St #13e Colorado Springs, CO 80904
Website: <https://www.dbsacoloradosprings.org/>
Diversus Health719-572-6100
Address: 115 South Parkside Drive Colorado Springs, CO 80910
Service Hours: Open 24 hours
Website: <https://diversushealth.org/>
Dos Madres – RESTORE719-510-6981
Therapy for youth and older, support groups
Email: Infor@dosmadresinc.org
Website: <https://www.dosmadresinc.org/>
Gateway to Success719-374-1650
Domestic Violence, Substance Abuse and Mental Health treatment.
Address: 155 Printers Pkwy Suite 200, Colorado Springs, CO 80910
Website: <https://www.gateway2success.us/>
Heartspace Kids719-358-7437
Mental health non-profit resource for youth with counseling services and financial assistance for mental health *must apply for financial assistance
Address: 1235 Lake Plaza Dr. Ste 230 Colorado Springs, CO 80906
Website: <https://heartspace-kids.org/>
Hope Mountain Behavioral Health719-465-0900
Address: 1802 Chapel Hills Dr suite a, Colorado Springs, CO 80920
Service Hours: Monday-Friday 8:00am-7:00pm
Insight Services719-447-0370
Substance and behavioral addictions and mental health
Youth to adult age accepted
Address: 212 E Monument St, Colorado Springs, CO 80903
LifeStance Health (multiple locations)970-310-3406
Addresses: 1330 Inverness Drive Ste 400 Colorado Springs, CO 80910

5265 North Academy Boulevard, Suite 2600 Colorado Springs, CO 80918
5350 Tomah Drive, Suite 3600. Colorado Springs, CO 80918
5353 North Union Blvd, Suite 202. Colorado Springs, CO 80918
9475 Briar Village Pointe, Suite 320. Colorado Springs, CO 80920
Website: <https://lifestance.com/>
National Alliance on Mental Illness (NAMI)719-473-8477
Peer Support groups for individuals and families battling mental illness
Address: 1615 S Murray Blvd, Colorado Springs, CO 80916
The Patterson Center for Resiliency719-300-5735
Address: 1925 Dominion Way First Floor, Colorado Springs, CO 80918
Service Hours: Monday-Friday 8am-6pm
Peak View Behavioral Health719-444-8484
Behavioral Health and Medical Detox
Address: 7353 Sisters Grove, Colorado Springs, CO 80923
Open 24/7
Pikes Peak Family Success Center719-632-1543
Email: fscinfo@ppunitedway.org
Website: <https://www.ppunitedway.org/family-success-center/>
Pikes Peak Suicide Prevention Partnership719-573-7447
Peer support groups and therapy
Address: 704 N Tejon St. Colorado Springs, CO, 80903
Website: <https://www.pikespeakssuicideprevention.org/>

Miscellaneous Counseling & Assistance

Benefits in Action1-888-496-4252
Helps with applying for government and state benefits
Address: Inside Family Success Center-Pikes Peak United Way
1520 Verde Dr, Colorado Springs, CO 80910
Catholic Charities – Counseling Services719-866-6535
Behavioral Health, Benefits Enrollment, Medical Services, Spiritual Care
Address: 14 West Bijou Street, Colorado Springs, CO 80903
Service Hours Monday-Friday 10:30-1:00pm
Catholic Charities – Family Connections @ Helen Hunt Campus719-636-2345
Provides services for families with minor children who are homeless, on the verge of homelessness, or low income.
Address: 917 East Moreno Ave, Colorado Springs, CO 80903
Center on Fathering719-634-7797
Address: 1675 Garden of the Gods Rd 3rd Floor, Colorado Springs, CO 80907
Website: <https://humanservices.elpasoco.com/center-on-fathering/>
Colo. Division of Vocational Rehabilitation (disabled)719-635-3585
Address: 1675 Garden of the Gods Rd 3rd Floor, Colorado Springs, CO 80907
Website: <https://dvr.colorado.gov/>

Helping Hands

El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them). Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

Miscellaneous Counseling & Assistance

Colorado Springs Pregnancy Center (Galley) 719-679-3105
Address: 3700 Galley Road Colorado Springs, CO 80909
Fountain 719-695-7030
97 Widefield Blvd. Colorado Springs, CO 80911
Westside 719-451-7586
3925 Centennial Blvd. Colorado Springs, CO 80907
Genetic Counseling (Memorial Hospital) 719-365-6845
Address: 525 N Foote Ave, Colorado Springs, CO 80909
Hope COS 719-401-3111
Address: 5440 N Union Blvd, Colorado Springs, CO 80918
Website: <https://hopecos.org/>
Inside Out Youth Services (LGBTQ+) 719-328-1056
Services youth ages 13-24 programs, peer support, advocacy, and events
Address: 516 W Colorado Ave, Colorado Springs, CO 80905
Lutheran Family Services 719-227-7571
Refugee & Asylee 719-227-8899
Address: 1515 N. Cascade Ave. Colorado Springs, CO 80907
Neighborhood Justice Center (mediation) 719-520-6000
Address: 105 E Vermijo Ave, Colorado Springs, CO 80903
Service Hours: Monday-Friday 8:00am-4:30pm
Silver Key Senior Services 719-884-2300
Address: 1625 S. Murray Blvd. Colorado Springs, CO 80916
Solid Rock Community Development Corporation 719-393-7625
Address: 2520 Arlington Drive Colorado Springs, CO, 8091
Voces Unidas for Justice 720-588-8219
Address: 2519 Airport Rd, Colorado Springs, CO 80910
\

Parenting & Pregnancy

Catholic Charities – Counseling Services 719-866-6535
Behavioral Health, Benefits Enrollment, Medical Services, Spiritual Care\ Address: 14 West Bijou Street, Colorado Springs, CO 80903
Service Hours Monday-Friday 10:30-1:00pm
Catholic Charities – Family Connections @ Helen Hunt Campus 719-636-2345
Provides services for families with minor children who are homeless, on the verge of homelessness, or low income.
Address: 917 East Moreno Ave, Colorado Springs, CO 80903
Cent Address: 1675 Garden of the Gods Rd 3rd Floor, Colorado Springs, CO 80907
Website: <https://humanservices.elpasoco.com/center-on-fathering/> 719-634-7797
Child Abuse (hotline) **1-844-264-5437**
Colorado Safe Haven for Newborns 1-888-510-2229

Parenting & Pregnancy cont.

Colorado Springs Pregnancy Center - (Galley) 719-679-3105
Address: 3700 Galley Road. Colorado Springs, CO 80909
Fountain 719-695-7030
Address: 97 Widefield Blvd. Colorado Springs, CO 80911
Colorado Springs Pregnancy Center
Westside 719-451-7586
Address: 3925 Centennial Blvd Colorado Springs, CO 80907
Joint Initiatives for Youth & Families 719-630-0927
Resources for youth and their families
Website: <https://www.jointinitiatives.org/>
Address: 123 E Las Animas St, Colorado Springs, CO 80903
Life Network 719-591-2609
Christian-based non-profit
Address: 3700 Galley Rd, Colorado Springs, CO 80909
Website: <https://www.elifenetwork.com/>
Pikes Peak Family Success Center 719-632-1543
Provides multiple resources for families in one space
Address: 1520 Verde Dr, Colorado Springs, CO 80910
Email: fscinfo@ppunitedway.org
Website: <https://www.ppunitedway.org/family-success-center/>
Lutheran Family Services 719-227-7571
Address: 108 East St. Vrain St. Colorado Springs, CO 80903
PFLAG Colorado Springs 719-425-9567
Resources for family members and caregivers of LGBTQIA+ youth
Multiple locations
Email: admin@pflagcoloradosprings.org
Planned Parenthood – Westside Health Center 719-475-7162
Address: 3480 Centennial Blvd. Colorado Springs, CO 80907
Website: <https://www.plannedparenthood.org/>
Poison Control Centers **800-222-1222**
Safe Families for Children 719-357-7080
We're committed to serving families in crisis by partnering with local churches, where families open their homes and lives to vulnerable children.
Email: safefamiliespikespeak@gmail.com
Website: <https://coloradosprings.safe-families.org/>

Senior Services

Colorado Springs Senior Center 719-955-3400
The Colorado Springs Senior Center is a place for aging adults 55 and up to stay active, participate in a wide range of diverse activities, enjoy a meal and connect with their community.
Address: 1514 North Hancock Avenue Colorado Springs, CO 80903
Fountain Valley Senior Center 719-600-2644
5745 Southmoor Drive, Fountain, Colorado 80817
Pikes Peak Elder Justice Center 719-318-7459
Address: 10 E Monument St, Colorado Springs, CO 80903

Helping Hands

El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them) Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

Senior Services Cont.

PPACG – Area Agency on Aging (AAA) 719-471-2096
AAA Family Caregiver Support Center..... 719-886-7526
Email: familycaregiving@ppacg.org
Rocky Mountain PACE 719-314-2327
Address: 2502 E Pikes Peak Ave Suite 100, Colorado Springs, CO 80909
Senior Comm. Service Employment Program (AARP)....719-635-3579
Silver Key Senior Services 719-884-2300
Address: 1625 S. Murray Blvd. Colorado Springs, CO 80916
UCCS Aging Center..... 719-255-8002
Intergated care and psychological training
Address: 4863 N Nevada Ave #321, Colorado Springs, CO 80918
Website: <https://healthcircle.uccs.edu/aging-center>

Shelter & Housing

Ascending to Health Respite Care 719-635-7639
Temporary shelter after a medical event. Must get a referral for service
Address: 1007 S Tejon St, Colorado Springs, CO 80903
Ascending to Health
Website:<https://www.athrc.com/>
Colorado Housing & Finance Authority 1-800-877-2432
Address: 1981 Blake St, Denver, CO 80202
Colorado Springs Housing Authority 719-387-6700
Must apply for waiting lists
Address: 831 S Nevada Ave #2, Colorado Springs, CO 80903
Website:<https://csha.us/>
Dale House Project (youth) 719-471-0642
Address: 7 W Dale St, Colorado Springs, CO 80903
Family Life Services (single mothers) 719-632-4661
Address: 1880 S. Cascade AvenueColorado Springs, CO 80905
Service Hours Monday-Thursday, 9:30 a.m. to 1:30 p.m.
Family Promise (transitional housing for families) 719-329-1244
Family with children under 18 years old that are at immimate risk of houselessness. Part of Interfaith Hospitality Network.
Address: PO Box 682 Colorado Springs, CO 80901
Website: www.familypromisecos.org
Fountain Housing Authority 719-382-5639
Address: 501 E Iowa Ave, Fountain, CO 80817
Gospel Homes for Women (Christian home for women) ..719-291-3406
3-6 month sober living home for women.
Email:info@gospelhomesforwomen.org
Website: <https://gospelhomesforwomen.org/>
Greccio Housing 719-475-1422
Must apply for waitlist and have an income
Address: 1015 E. Pikes Peak Ave. Ste 110 Colorado Springs, CO 80903
Homeward Pikes Peak 719-473-5557

Shelter & Housing Cont.

Address:2010 E BIJOU ST, COLORADO SPRINGS, CO 80909
Email:info@homewardpikespeak.org
Website: <https://homewardpp.org/>
Ithaka Housing 719-578-1629
Address:321 Mesa Rd. Colorado Springs, CO 80905
Website: <https://ithakahousing.org/>
Kingdom Builders Fam. Life Center (dom. violence) 719-247-8190
Intimate Partner Violence shelter
Address: 411 Lakewood Cir.Suite C-201 Colorado Springs, CO 80910
Email: info@kbflc.org
Website: <https://kbflc.org/>
Mary's Home (residential program women with children)719-301-5411
Christian-based, must have 3 or fewer children, ages newborn-10 years old no recent history of criminal activity, severe behavioral health issues or substance use
Address: 3657 Michigan Ave, Colorado Springs, CO 80910
Partners in Housing (families) 719-473-8890
Provides one-year transitional housing and supportive services for homeless families with children under age 18
Apply for housing
There is a waitlist
Address: 455 Gold Pass Heights Colorado Springs, CO 80906
Email: office@partnersinhousing.org
Website:<https://partnersinhousing.org/>
The Place (youth ages 15-20) 719-244-3959
After hours number 719-205-7129
20-bed emergency shelter for youth ages 15-20
Address: 423 E. Cucharras St. Colorado Springs, CO 80903
Website: <https://theplacecos.org/>
Pikes Peak Habitat for Humanity 719-475-7800.
Address: 2802 N. Prospect Street Colorado Springs, CO 80907
Website: <https://pikespeakhabitat.org/>
Rocky Mountain Community Land Trust 719-447-9300
RMCLT is a HUD-approved Housing Counseling Agency that partners with low-income families in homeownership, provides First Time Home Buyer workshops, and assists families with foreclosure prevention.
Address:1212 W. Colorado Ave Colorado Springs, CO 80904
Email:info@rmclt.org
Website: <https://rmclt.org/>
Rocky Mountain Human Services (veterans)1-855-838-7428
Homes for all Veterans Program
Address: 17 S Weber St, Colorado Springs, CO 80903
Website: <https://www.rmharianservices.org/departments/homes-for-all-veterans/>
Salvation Army Family Hope Center (family shelter).....719-578-9190
Head of Household must have valid ID and children under 18 years old
Address:709 S Sierra Madre St, Colorado Springs, CO 80903
Salvation Army (transitional housing).....719-635-1287
908 Yuma Street Colorado Springs, CO 80909

Helping Hands

El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them). Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

Shelter & Housing Cont.

Sarah's Home (survivors of sex trafficking).....719-347-3026
Sarah's Home is a Christian-based organization that provides a sanctuary for teenage girls (ages 12-17) who are survivors of sex trafficking
Email: info@sarahshome.org
Website: <https://sarahshome.us/>
Springs Rescue Mission (shelter - adults).....719-632-1822
Address: 5 W Las Vegas St, Colorado Springs, CO 80903
Email: info@springsrescuemission.org
Website: www.springsrescuemission.org
TESSA (domestic violence shelter).....719-633-1462
Safe Line.....719-633-3819
Provides emergency shelter, food, case management, counseling, and support to female survivors and their children. The Safehouse Program can provide short-term safe shelter vouchers for local hotels to male victims and their children.
Address: 435 Gold Pass Heights Colorado Springs, CO 80906
Website: <https://www.tessacs.org/>

Substance Use

Achieve Whole Recovery.....719-373-9703
Psychiatric and Mental health support for those struggling with substance use
Address: 1115 Elkton Dr # 300, Colorado Springs, CO 80907
Colorado Springs Alcoholics Anonymous.....719-573-5020
Website: <https://www.coloradospringsaa.org/>
Crossroads Detox Center.....719-203-6550
Southern Colorado's largest evidence-based alcohol and substance use disorder treatment organization with services in twelve counties. CTP is a nonprofit 501(c)3 organization, licensed by Colorado, with comprehensive services in prevention, intervention, and co-occurring treatment
Address: 1026 Maxwell Street Colorado Springs, CO 80906
Service Hours: 24 Hour Unit
Diversus Health719-572-6100
Address: 220 Ruskin Dr. Colorado Springs, CO 80910
Email: info@diversushealth.org
Website: <https://diversushealth.org/>
Front Range Clinic Porch Light Health719-419-7735
Suboxone Clinic
Address: 1861 Austin Bluffs Parkway Colorado Springs, CO, 80907
Service Hours: Monday-Friday 8am-4pm
Hazelbrook Recovery.....303-800-7009
Sober living and recovery programs, re-entry programs through
WAGEES
Colorado Springs Location
Address: 2019 E. Bijou St. Colorado Springs, CO 80909
Website: <https://hazelbrooksoberliving.com/>

Substance Use Cont.

Homeward Pikes Peak Addiction Recovery719-473-5557
Sober housing and treatment options
Address: 2010 E. Bijou St. Colorado Springs, CO 80909
Website: <https://homewardpp.org/>
Hope COS.....719-401-3111
Address: 5440 N Union Blvd, Colorado Springs, CO 80918
Website: <https://hopecos.org/>
Insight Services719-447-0370
Outpatient substance use and mental health services, behavioral addiction, individual and group therapies.
Address: 212 E Monument St, Colorado Springs, CO 80903
Website: <https://insightservicescolorado.com/>
Email: info@insightservicescolorado.com
Service Hours: Monday-Thursday 8:00am to 6:00pm
Friday 8:00am-4:00pm
Khesed Wellness (Pro bono and discounted program)720-575-9889
Address: 2255 Sheridan Boulevard, Denver, CO 80214
Website: <https://www.khesedwellness.com/free-therapy>
Love Alive.....719-283-6197
Harm Reduction for Community, by Community
Email: lovealive.co@gmail.com
Website: <https://www.lovealivecos.org/>
Never Use Alone Hotline1-800-484-3731
Harm reduction overdose prevention hotline to call when using substances alone
Website: <https://neverusealone.com/>
Oxford House (sober living - multiple locations)1-800-689-6411
Website: <https://www.oxfordhouse.org/>
Phoenix Multisport (drug & alcohol)719-660-7545
Sober Gym
Address: 2204 Hagerman St, Colorado Springs, CO 80904
Pikes Peak Area of Narcotics Anonymous719-637-1580
Purple Mountain Recovery (LGBTQIA+).....719-445-0621
Address: 3225 Austin Bluffs Pkwy. Suite 100 Colorado Springs, CO 80918
Website: <https://www.purplemountainrecovery.org/>
Service Hours: Monday to Friday 10am to 7pm
Drop In and Intake Hours 11am to 2pm and 3pm to 6pm
Recovery Unlimited719-358-7338
Address: 104 S. Parkside Dr. Colorado Springs, CO 80909
Email: recovery@recoveryunlimited.biz
Website: <https://recoveryunlimited.biz/>
Sandstone Care720-674-7380
Young adults and adults SUD residential treatment and detox

Helping Hands

El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them). Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

Substance Use Cont.

Address: 2102 University Park Blvd Colorado Springs, CO 80918
Website: <https://www.sandstonecare.com/colorado/>
Serenity Recovery Connection719-465-2295
Serenity Recovery Connection is a nonprofit recovery community organization that offers addiction support through peer mentoring, community workshops, and advocacy in Colorado Springs.
Address: 985 W Fillmore St. Colorado Springs, CO 80907
Email: info@srchope.org
Website: <https://srchope.org/>

Support Groups

Alcoholic Anonymous (AA).....719-573-5020
Multiple Locations
Cocaine Anonymous (AA).....866-768-7709
Multiple Locations
Depression Bipolar Support Alliance (DBSA)719-477-1515
Peer-based programs and support groups
Address: 1586 S. 21st St #13e Colorado Springs, CO 80904
Website: <https://www.dbsacoloradosprings.org/>
Face it Together.....855-539-9375
HOPE COS.....719-401-3111
Address: 5440 Union Blvd. Colorado Springs, CO 80918
Website: <https://hopecos.org/>
Email: jeff@hopecos.org
Narcotics Anonymous (NA).....866-506-6974
National Alliance on Mental Illness (NAMI)719-473-8477
Peer Support groups for individuals and families battling mental illness
Address: 1615 S Murray Blvd, Colorado Springs, CO 80916
Phoenix Multisport (drug & alcohol).....719-660-7545
Sober Gym
Address: 2204 Hagerman St, Colorado Springs, CO 80904
Southern Colorado Cancer Support Care UC Health719-365-6845
Website: <https://www.uchealth.org/services/cancer-care/southern-colorado-cancer-support-care/>
Poetry Heals.....email:poetryhealsinfo@gmail.com
Poetry group that supports people processing trauma in a creative way
Ruth Holley Library Craft Group.....719-531-6333x7009
Address: 685 N. Murray Blvd. Colorado Springs, CO 80915
Time: 3rd Tuesday of each month 2pm-3pm
Serenity Recovery Connection719-465-2295
Serenity Recovery Connection is a nonprofit recovery community organization that offers addiction support through peer mentoring, community workshops, and advocacy in Colorado Springs.
Address: 985 W Fillmore St. Colorado Springs, CO 80907
Email: info@srchope.org
Website: <https://srchope.org/>

Transportation

Delta Transport.....720-338-8398
Envida719-633-4677
Address: 5640 N Academy Blvd. Colorado Springs, CO, 80918
Fountain Valley Senior Center (seniors)719-600-2644
For southern El Paso County
Address: 5745 Southmoor Drive, Fountain, Colorado 80817
Website: <https://fvcenter.org/>
GoodWheels – Goodwill (disabled)719-442-2077
1460 Garden of the Gods Rd. Colorado Springs, CO 80907
IntelliRide – Health First Colorado719-766-4660
Mountain Metro Mobility (disabled)719-385-7433
Apply online
Website: <https://coloradosprings.gov/mountain-metro-mobility-hub>
Peak Family Transport719-716-7325
Address: 1304 N Academy Blvd Ste 202, Colorado Springs, CO 80909
PikeRide.....719-235-5862
Address: 739 E. Pikes Peak Ave. Colorado Springs, CO 80903
Silver Key Para Transit (seniors).....719-884-2300
Email: info@silverkey.org
Service Hours: Monday-Friday 8:30am- 4:30pm
Requests can be made up to 2 weeks in advance

Veterans Services

El Paso County Veterans Services.....719-520-7750
Address: 5850 Championship View, Suite 130 Colorado Springs, CO 80922
Website: <https://justiceservices.elpasoco.com/veterans-services/>
Home Front Military Care Network719-577-7417
Address: 1120 N. Circle Dr. Suite 230, Colorado Springs, CO 80909
The Independence Center719-471-8181
Address: 729 S. Tejon St. Colorado Springs, CO 80903
Mt. Carmel Veterans Service Center719-772-7000
Address: 530 Communication Circle Colorado Springs, CO 80905
Next Chapter1-888-719-8387
Address: 530 Communication Cir. Colorado Springs, CO 80905
Email: nextchapter@mtcarmelcenter.org
Website: <https://nextchapterco.org/>
Pikes Peak Veterans Housing Fund.....719-323-2600
PFC Floyd K. Lindstrom Outpatient Clinic719-327-5660
<https://www.va.gov/eastern-colorado-health-care/locations/pfc-floyd-k-lindstrom-department-of-veterans-affairs-clinic/>
Rocky Mountain Human Services719-323-2600
Address: 17 S Weber St, Colorado Springs, CO 80903
Website: <https://www.rmharianservices.org/>

Helping Hands

El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them). Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

Veterans Services

UCCS Veterans Health & Trauma Clinic 719-255-8003
Address: Lane Center for Academic Health Sciences Building
3rd Floor, Suite 380
4863 N. Nevada Ave. Colorado Springs, CO 80918
Website: <https://healthcircle.uccs.edu/veterans-health-and-trauma-clinic>
Veterans Administration 719-471-9992
Address: 3920 N. Union Blvd Suite 310 Colorado Springs, CO 80907
Service Hours: Monday 8am-6:30pm
Tuesday 8am-6:30pm
Wednesday-Friday 8am-4:30pm
Website: <https://www.va.gov/colorado-springs-vet-center/>
Volunteers of America 719-491-1974
Address: 565 Communication Circle, Unit 150
Colorado Springs, CO 80905
Website: <https://www.vocolorado.org/services/ssvf-southern-colorado/>

Weatherization & Utilities

Brothers Redevelopment 719-888-9134
Address: 2762 Janitell Rd Colorado Springs, CO 80906
Website: <https://brothersredevelopment.org/>
Catholic Charities – Hanifen Center @ Marian House 719-866-6285
*call to make appointment
Address: 14 W. Bijou St Colorado Springs, CO 80903
Website: <https://www.ccharitiescc.org/get-help/rent-utility-services/>
Energy Resource Center 719-591-0772
Address: 114 West Rio Grande Street Colorado Springs, CO 80903
Website: <https://erc-co.org/>
LEAP 1-866-432-8435
Program that helps pay for utilities
Visit a service agency to get LEAP paper application or apply online
Address: P.O. Box 39200, Colorado Springs, CO 80949
Apply online
November through April
. Website: <https://cdhs.colorado.gov/leap>
Mercy's Gate 719-277-7470
Service is given on a Lottery system
*you must have a past due bill to qualify for services and have your utilities bill at time of service
Address: 4360 Montebello Drive, Suite 300, Colorado Springs, CO 80918
Website: <https://mercygatecs.org/>
Operation Round Up (Mountain View Elec. Assoc.) 1-800-388-9881
Mailing Address: PO Box 1600 Limon, CO 80828-1600
Service Hours: 7am-5:30pm
<https://www.mvea.coop/community/community-outreach/operation-round-up/>

Weatherization & Utilities Cont.

Project COPE 719-448-4800
Meet with a partner agency to fill out application for utility assistance
Red Cross of Southern Colorado 719-632-3563
Address: 1040 S. 8th St. Colorado Springs, CO 80905
Website: [www.redcross.org/local/colorado/about-us/locations/southeast-colorado.html?](http://www.redcross.org/local/colorado/about-us/locations/southeast-colorado.html)
Silver Key Senior Services (seniors) 719-884-2300
Address: 1625 S. Murray Blvd. Colorado Springs, CO 80916
Email: info@silverkey.org
Website: <https://www.silverkey.org/>
Tri-Lakes Cares (Tri-Lakes area and District 38) 719-481-4864
Financial Assistance for the following Locations
-Monument (80132)
-Palmer Lake (80133)
-Gleneagle/Northern Colorado Springs (80921)
-Air Force Academy (80840)
-Portions of Black Forrest (80908)
Address: 235 N Jefferson St. Monument, CO 80132
Email: info@tri-lakescares.org
Website: <https://tri-lakescares.org/>
Westside CARES 719-389-0759
Address: 2808 W. Colorado Avenue Colorado Springs Colorado 80904
Service Hours: Monday-Thursday 9:30am-12:30pm
Email: info@westsidecares.org; website: www.westsidecares.org

Youth and Young Adult Resources

Crisis

Child Abuse Hotline 719-444-5700
Child Abuse and Neglect 1-844-264-5437
Colorado Crisis Services Text “TALK” to 38255
24/7 free, confidential support
Crisis Text Line Text “CONNECT” to 741741
Nonprofit that provides 24/7 confidential self-injury support in English and Spanish. Chat with crisis support to find healthy alternatives and get through crisis
Website: <https://www.crisistextline.org/topics/self-harm/#pass-741741-on-to-a-friend-8>
Kidpower Colorado 719-520-1311
Nonprofit that provides young people with “People Safety” skills such as self-defense classes
Address: 2335 Robinson St, Colorado Springs, CO 80904

Helping Hands

El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them) Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

Website: <https://kidpowercs.org/>

Kingdom Builders Family Life Center.....719-464-4647

Youth and Young Adult Resources

Crisis Cont.

Intimate Partner Violence, Domestic Violence and Sexual Violence crisis line, 24/7. Committed to changing the narrative of underserved, individuals, families, and youth that have been impacted by trauma through advocacy, education, case management, and mentorship
Address: 411 Lakewood Cir suite c-201a, Colorado Springs, CO 80910
Email: info@kbflc.org

Website: <https://kbflc.org>

KPC respite care.....719-634-5439

Offers respite care, crisis prevention, and crisis care

Address: 2503 Holiday Ln, Colorado Springs, CO 80909

Web

site: <https://www.lfsm.org/KPC-Respite-Center>

Love is Respect.....1-866-331-9474

Or Text “LOVEIS” to 22522

A website and support line dedicated to helping youth ages 13-26 who may be in abusive relationships. This site is confidential

Website: <https://www.loveisrespect.org/>

Mental Health Emergency988

National Runaway Safeline.....1-800-786-2929

24/7 support

Website: <https://www.1800runaway.org/>

RAINN (Rape, Abuse, and Incest National Network)..1-800-656-4673

Resources and information for survivors of abuse or sexual violence and information about these topics

Website: <https://rainn.org/>

Safe Place.....Text “Safe” to 44357

With your current location (city, state, zip code) if you are a youth in crisis and need support. There are many Safe Place locations in El Paso County text to find your nearest one or look for a yellow sign on a building that says “SAFE PLACE”

TESSA Safe Line.....719-633-3819

Support for those experiencing Intimate Partner Violence, or Sexual Assault. Provides resources and support in the form of counseling, legal help and temporary safe housing

Address: 435 Gold Pass Heights, Colorado Springs, CO 80906

Website: <https://www.tessacs.org/>

Trans Hotline.....877-565-8860

Transgender led organization for crisis and mental health support

Website: <http://translifeline.org>

The Trevor Project.....1-866-488-7386

Text “START” to 678-678\

Health

Amaze & Amaze Jr. (ages 4 to 9).....Website

Age-appropriate online resource that uses animated videos to answer questions about the body and relationships

Website: <https://amaze.org/myamaze/amaze-jr-108/>

ANAD (Anorexia nervosa and Associated Disorders)1-888-375-7767

Hotline to support people of any age that may be struggling with an eating disorder and provide resources for treatment and support

Website: <https://www.nationaleatingdisorders.org/get-help/>

BC4U.....720-777-2248

Offers free sexual health services to anyone under the age of 24 years

Website: <https://bc4u.org/>

El Paso County Public Health-Family Planning.....719-573-3199

Provides pregnancy tests and counseling, birth control, STI testing, reproductive exams, public health information, and resources navigation

Address: 1675 Garden of the Gods Rd #2044, Colorado Springs, CO 80907

Website: www.elpasocountyhealth.org

Service Hours: Monday-Friday 7:30am-4:30pm

Health First Colorado (Medicaid).....720-496-2530.

Address: 303 E 17th Ave, Denver, CO 80203

Website: <https://www.healthfirstcolorado.com/>

Planned Parenthood.....719-475-7162

Provides STI testing, birth control, abortion services, family planning, HRT, reproductive exams, and more

Address: 3480 Centennial Blvd, Colorado Springs, CO 80907

Website: <http://www.plannedparenthood.org>

Poison Control Centers.....800-222-1222

RSEI (Responsible Sex Education Institute).....800-230-7526

Free sexual education classes, information, and resources

Website: <https://responsiblesexedinstiute.org/>

WIC Program, El Paso County Health719-578-3199

Nutritional support for pregnant people and children under 5 years old

Address: 1675 Garden of the Gods Rd #2044, Colorado Springs, CO 80907

Website: <https://www.elpasocountyhealth.org/appointments-adults-children-families/wic-women-infants-children/>

Youth and Young Adult Cont.

Mental Health

Animal Assisted Therapy Programs (Denver).....719-266-4444

Nonprofit community mental health clinic with rescue animals

Address: 7275 Kipling St. Arvada CO, 80005

Website: <https://www.animalassistedtherapyprograms.org/>

DBSA.....719-477-1515

Peer support group meeting and advocacy work to support those living with Depression and Bipolar

Helping Hands

El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them) Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

Youth and Young Adult Cont.

Mental Health

Multiple Locations

Website: <https://www.dbsalliance.org/>

Diversus Health.....719-572-6100

Provides multiple counseling and mental health support services for all ages. Has same Day Access services Thursdays

Address: Diversus Health Ruskin Same Day Access Intake Center, 220 Ruskin Dr, Colorado Springs, CO 80910

Website: <https://diversushealth.org/>

Heartspace Kids.....719-358-7437

Mental health non-profit resource for youth with counseling services and financial assistance for mental health *must apply for financial assistance

Address: 1235 Lake Plaza Dr. Ste 230 Colorado Springs, CO 80906

Website: <https://heartspace-kids.org/>

I Matter.....free counseling

Program that connects youth 18 years or younger or 21 and younger if they are receiving special education services to 6 free counseling services with licensed clinicians, virtual and in-person options

Website: <https://www.imattercolorado.org/about.html>

National Suicide Prevention.....988

24/7 online chats also available

Website: <https://988lifeline.org/>

YOU really do matter, and I'm glad you are here! <3

Pikes Peak Suicide Prevention Partnership.....719-573-7447

Surviving the storm grief group

For youth ages 6 and up that have been impacted by suicide loss

Address: 704 N Tejon St, Colorado Springs, CO 80903

Website: <https://www.pikespeakssuicideprevention.org/>

Whole Kids CO.....719-344-9342

Provides counseling services to children, teens, and families, provides resources for youth living with Autism

Website: <https://www.wholekidsco.com/>

Your Life Your Voice.....1-800-448-3000

Text "VOICE" to 20121

Crisis hotline created by boystown for youth

Website: <https://www.yourlifeyourvoice.org/Pages/your-voice.aspx>

Youth and Young Adult Cont.

Housing and Employment

Project Diakonia.....719-249-0123

addresses gaps in services for youth transitioning into adulthood with services including training/certification programs, career navigation/placement, and support for employment barriers

Address: 3595 E Fountain Blvd Unit 200, Colorado Springs, CO 80910

Website: <https://projectdiakonia.org/>

Housing and Employment cont.

Family Unification Program (HUD Program).....

Provides possible housing vouchers for homeless youth that have aged out of foster care (ages 18-24 years)

Website:

https://www.hud.gov/program_offices/public_indian_housing/program_s/hcv/family

Pikes Peak Workforce Young Adult.....719-667-3700

Employment resources for youth and young adults ages 16 to 24

Address: 1675 Garden of the Gods Rd, Colorado Springs, CO 80907

Website: <http://ppwfc.org/youngadults/>

The Place.....719-244-3959

After Hours.....719-205-7129

Youth shelter for ages 15-20

Outreach services, case management services

Address: 423 E Cucharras St, Colorado Springs, CO 80903

Website: <https://theplacecos.org>

Youth and Young Adult Cont.

Substances

Al-Anon/Alateen.....719-632-0063

Mutual aid organization for people who have been affected by another person's alcoholism or substance use

Multiple locations call or visit website for updated meeting information

Website: <https://al-anon.org/newcomers/teen-corner-alateen/>

Insight Services.....719-447-0370

Provides outpatient counseling and services for people including youth who struggle with substance use

Individual and group therapy options

Address: 212 E Monument St, Colorado Springs, CO 80903

Website: <https://insightservicescolorado.com/>

SmokefreeTXTforTeens.....Text "QUIT" to 47848

Texting support for teens ages 13 to 17 that want to quit smoking or vaping

Website: <http://teen.smokefree.gov/>

Substance Use Hotline SAMHSA.....1-800-662-4357

Confidential hotline used to get resources for substance use recovery and treatment

Website: <https://findtreatment.gov/>

Helping Hands El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by local Social Worker and Advocate, Nikki Flemate (They/Them)
Contact naflemate@msn.com for updates or if you would like to be added to the resources list. You can also call 211 information and referral service
at 211 or 719-955-0742 for resource referrals.